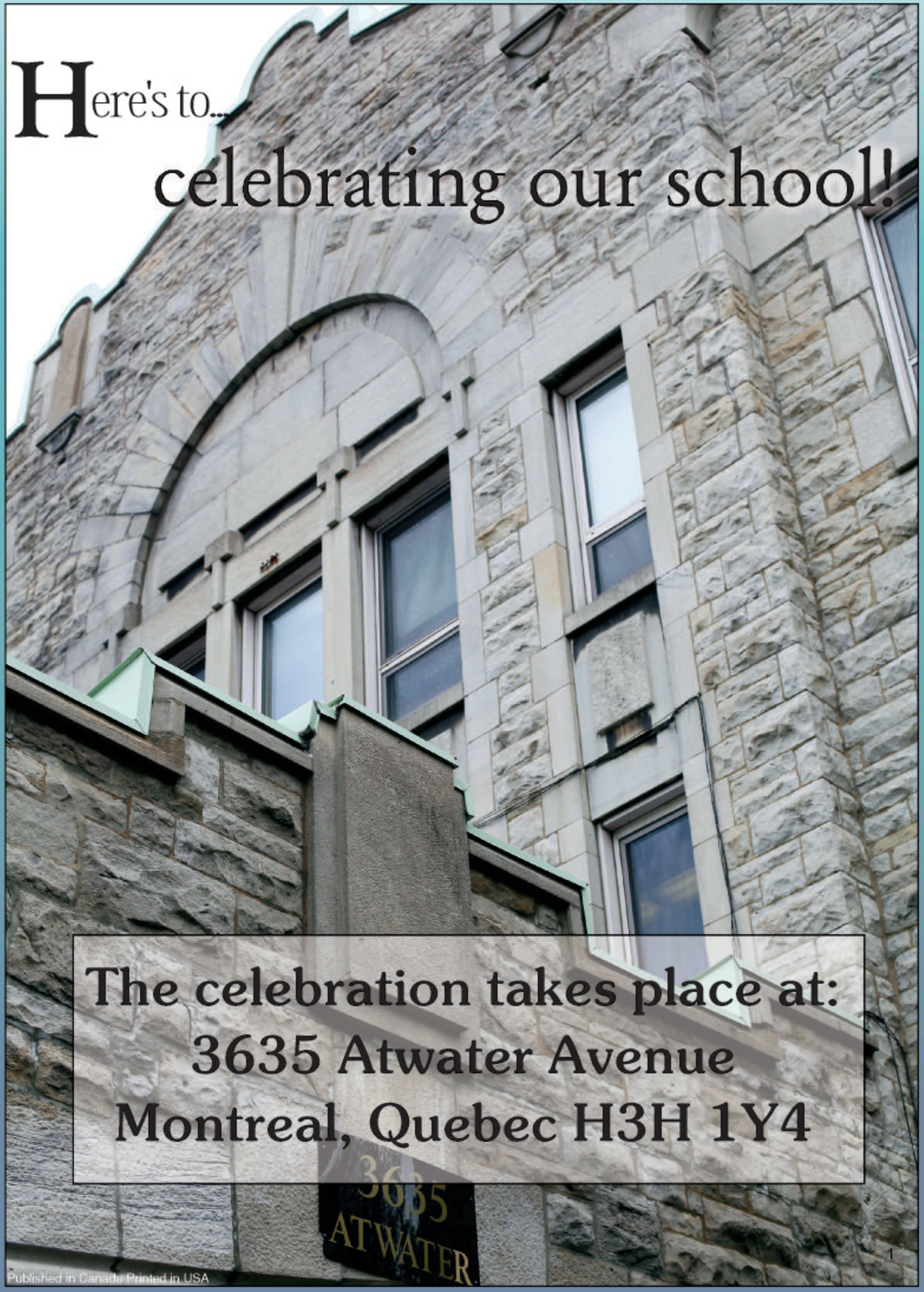
Memories from the Heart
2015

Material: 543 Indigo Chic

381 Silver foil applied to all elements

Personalization..... SILVER foil



Here's to...

celebrating our school!

The celebration takes place at:
3635 Atwater Avenue
Montreal, Quebec H3H 1Y4

Published in Canada Printed in USA

Being children of the light Lunch hours Family
Friendship and hugs Warm Hearts Belonging
Bake sales Community and unity Dreamers
Fighting for a cause Snow days Volunteering
Playing Fooseball Our memories Free Dress Day

HERE'S TO...

Welcome to Sacred Heart's 2015 Yearbook, a compilation of memories we hold dear to our hearts that we have collected throughout the entire year. "Here's to..." highlights wonderful experiences that are the collective contribution of the school.

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Head of School's Address

Dear Graduates of the Class of 2015,

This yearbook is dedicated to you in celebration of your successes. You have earned your diplomas through numerous hours of study, writing papers and projects, oral presentations and studying for exams. You have invested countless hours in volunteering for your school and your community. Your commitment to service, both locally and globally, is impressive and beyond reproach. Of course, this success would not have been possible without the strong support of your parents and teachers.

You have also enriched your Sacred Heart experience by participating in numerous co-curricular activities, including sports, clubs, cultural events, trips and the arts. Your close interaction with your teachers and school staff, both inside the classroom and beyond, is the secret to our school's success. This has resulted in our "family-like" atmosphere that is truly the epitome of "community." Your graduation represents so much more than just the completion of your high school studies. It represents a culmination of five years of hard work and commitment to your Sacred Heart community. Being a member of a worldwide network of Sacred Heart schools means you are not just alumnae of The Sacred Heart School of Montreal, but of the entire worldwide network of alumnae. I hope you appreciate the significance of this fact.

We will miss each and every one of you, and encourage you to stay connected to Sacred Heart, and to visit us often. We are all very proud of you, and wish you, the Class of 2015, great success in the next phase of your educational journey.

In closing, I would like to thank Ms. Michelle Lessey for her tireless dedication to our Memory Book, and her two very talented student editors, Mary Lynne Loftus and Zoë Yalden. They have committed an enormous amount of time and energy into making this year's edition as great as it is! On behalf of the entire school, I thank them for another outstanding product.

Shawn O'Donnell
Head of School

Assistant Head of School's Message

Dear Graduates of the Class of 2015,

From your time at Sacred Heart, I wish you many cherished memories and lasting friendships. For the years to come, I wish you time for reflection, a mind open to the world, strength and resilience in the face of adversity and an indelible spirit of optimism and adventure. May you find new people and new places to love and fufillment in the work you choose to do.

Jean Filipovich
Assistant Head, Academics

Lisa Arella

Nathalie Belfort

Julie Beaudet

Julian Beauvais

Iveth Bosmediano

Florise Boyard

Annette Brawley

Isabel Brinck

Maureen Brown

Ivan Castano

Riccardo Charlot

Stephanie Coull

Christiane de Sainte Marie

Nina Di Palma

John Filipe

Jose Filipe

Josh Friedmann

Catherine Gauthier

Angelo Gallo

Mary Gendron

Peter Judson

Fran Lakatos

Martin Laperle

Marie-Elaine Laquerre

Danielle Lecuyer

Lili Le Fèvre

Michelle Lessey

Megan Littman

Roxanne Martel

Joan MacLellan

Faculty and Staff

Gisela McIvor

Jacqueline McSkimming

Jennifer Newton

Sonny Nicolas

Hélène Pagette

Polly Palumbi

KEEP CALM and TEACH ON

Myriam Phaneuf

Patricia Potter

Antoinette Raco

Erika Rath

David Reda

Maria Styliaras

Gedi Snapkauskas

Kevin Thiruchelvam

Rosemary Vaupshas

Peter Ward

Aran Waldbrook

Faculty Candids

Academic Success

Poetry in Voice Semi-Finalist

QAIS Writing Competition

Junior: 2nd Place

Honourable Mention

Honourable Mention

QAIS Public Speaking Competition

Junior: 3rd Place

Senior: 2nd Place

Math Contests

100% on History Provincial Exam

YPI Winners

C. A. R. E. Centre: Rosemarie Cianci, Catherine Jarvis, Evdokia Konstantopoulos, Arthega Selvarajan

Westhaven Community Center: Eleni Borondy, Kennedy Lane, Sara Palestini, Veronica Sinclair

L'association Cigogne: Alexa Alongi, Liana Caprera, Béatrice Courchesne-Mackie, Elana Floriani, Gurleen Padda

Gold Center: Stephanie London, Lauren MacDonald, Renata Morelos-Zaragoza, Alexa Scalia

Yearbook Editors

I had an unforgettable time working on yearbook with my fellow editor and best friend Zoë, along with the diligent, hard working and amazing members of yearbook. Thank you girls so much for being part of the team and best of luck in the years to come! Thank you to Ms. Lessey also for her tireless dedication, patience and help with the book. It wouldn't be half as aesthetically pleasing or as special without you being our advisor!
- Mary Lynne Loftus

Working on yearbook this year with one of my best friends Mary Lynne and a fantastic yearbook crew was more than any yearbook editor can ask for!
Thank you Ms. Lessey for your constant vote of confidence and kindness!
- Zoë Yalden

Mary Lynne Loftus and Zoë Yalden

Yearbook Staff

Here's to our fantastic layout crew!

Sec IV Editors

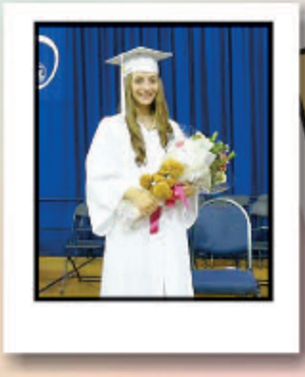
Clubs Editor

Sec II editors

Sec I Editor

Activities Editors

Here's to our wonderful photographers!



Favourite Yearbook Memories

Spending time in the yearbook room with other staff and eating plenty of delicious snacks!
- Melanie Alfonso

Making yearbook pages with Julia after school because we not only got our work done, but had tons of fun too!
- Beatrice Courchesne-Mackie

Here's to

being a Sacred Heart student

Highlights from a day in the life of a Sacred Heart girl

Eating breakfast

Public transit

Not making it to school on time

Work hard
(8:30 - 10:15)

Play hard!
(12:15 - 1:15)

Back in the classroom
(1:20 - 2:15)

Taking caramels from Mme. Pagette

Last period

Time to go home!

Class of 2019
Secondary 1

Madison Berros
Shannon Blake
Katalina Couto
Evangelia Dalalakis
Erika Delucilla
Samantha Demers

Emiliana Di Nolfo
Caitlin Downey
Amanda Emblem
Stefanie Frances

Daphne Giroux
Tiana Iacobelli
Narah Joy
Sophie Koestner

Jasmine Lightfoot
Cristina Loyello
Zoë MacDonald
Laura Maréchal-Houillon
Laura Michetti
Elisabeth Morena

Nicoletta Pantazopoulos
Madison Passingham
Amberlie Pereira
Olivia Pittman

Angelica Salouros
Emilie Shalhoub
Sydney Shun
Grace Singer

Daisy Smith
Olivia Torralbo
Katalina Toth

Maya Vardaro
Veronica Verenini
Eliana Viviani
Maria Ziannis

Here's to...

a new year!
a new school!
new friends!

SPOTLIGHT Candids

Secondary ONE

Secondary TWO

Class of 2018
Secondary 2

Sarah Allen
Sara Anelli
Morgan Azouz
Sascha Azouz
Marianne Beirouti
Julia Buggé

Victoria Caldarone
Jenna Caprera
Lilah Caprera
Enrica Caruso

Julia Cianci
Abigail Delaney
Alessia Liana Di Salvatore
Isabella Di Silvestro

Katherine Doré
Alexandra Gagliano
Kristen Harris
Lauren Johansson
Hannah Johnston
Mary Jones

Here's to new friendships... inside jokes

Here's to having a blast at the science museum.

Zoë Korn
Eleni Magafas
Gabriella Marsilii
Bianca Mercuri
Taranjot Padda
Veronica Pereira

Pina Piazza
Laura Pitruzzello
Emma Platt

Tatiana Desirée Ranieri-Thompson
Nicole Romero
Darcy Sabourin

Liana Salvo
Jezabel Toussaint
Angeliki Trifonopoulos
Kayla Wolf
Antonina Yakobson

Secondary III
Class of 2017

Victoria Barakett
Madison Beauchamp
Stephanie Benoit
Millenna Bono
Jessica Brodeur
Ioana Budeci

Sabrina Buonamici
Brooklyn Carson
Anastasia Dalalakis
Julie Demanins

Rebecca Di Giorgio
Olivia Dicaprio
Lauren Drummond
Teagan Ann Ennis

Nadia Estefanos
Sabrina Fitz
Amanda Forgione
Cassandra Forzani
Sarah Frances
Kiara Guidote

Erin Hebdige
Alexandra Hills
Olivia Iorio
Sigrid Joubert
Maria Kambitakis
Eleni Karatzas

Jessica Khoury
Theodora Konstantopoulos
Audra Kruszewski
Dominique Sara Levesque
Anita Maggiore
Kayla Matthews

Lauren McDonald
Serena McMahon
Sophia Michakis
Laura Mustillo
Beata Nawacki
Ariana Nowroozi

Emma Osmancevic
Maya Ostiguy Hopp
Maria Pantazopoulos
Michelle Phillips
Veronica Plescia
Evanthia Primbas

Grace Regan
Sophie Rowe
Yiuane Ryan
Emily Sakaitis

Chiara Silvaggio
Denna Soosai Heronimus
Vanessa Useche
Lea Valentini

Isabella Van Dystadt-Aguiar
Christina Vassiliou
Mia Vincenti
Emilie Viviani
Rachel Watts
Shannon Wilding

Forming new friendships has been a highlight of the year!

Dora's finally in a Habs jersey!

Learning how to keep the positive in and the negative out. Girl Power!

HERE'S TO MEMORIES

from the heart

I get by with
a little help
from my friends.

- The Beatles

Secondary III Candids

Secondary4 Class of 2016

Maria Alescio
Alexa Alongi
Julia Alongi
Nicole Bilikas
Alexis Boosamra
Eleni Borondy

Vanessa Brandimarti
Liana Caprera
Rosemarie Cianci
Béatrice Courchesne-Mackie
Clarissa D'Amico-Mazza
Panagiota Danielidis

Molly Delaney
Samantha Delucilla
Stéphanie Des Marais
Lauren Esquilant

Elana Floriani
Christina Fulginiti
Veronica Giroux
Lauren Greco

Alicia Griffin
Elisabeth Harris
Sophia Iatrou
Catherine Jarvis
Maria Karamitsos
Vasiliki Karamitsos

Evdokia Konstantopoulos
Jasmine Kwok
Kennedy Lane
Mikayla Liakopoulos

Vanessa Likoray
Stephanie London
Lauren MacDonald
Giulia Marsilii

Renata Morelos-Zaragoza
Allessandra Morena
Kristina Mura
Kayla Ortenza

Anika Ouy
Gurleen Padda
Sara Palestini
Eliyanna Polychronas

Sarah Randisi
Vanessa Pugliesi
Emma Ryan

Meaghan Sabourin
Stepheny Sartori-Marchl
Marie Isabella Santaguida

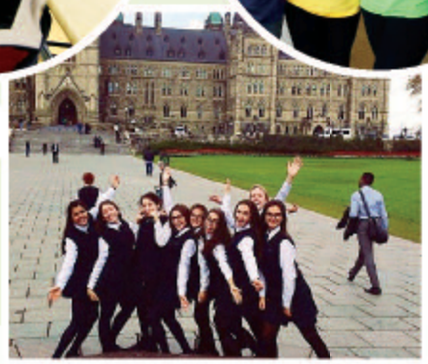
Alexa Scalia
Arthega Selvarajan
Veronica Sinclair
Valerie Sinel
Sabrina Ste-Marie
Tatiana Tuccinardi

Kiana Uriani
Olivia Wilson
Julia Zito

"How delightful to find a friend in everyone."
-Joseph Brodsky

Here's to..
old friends
new friends
social action
making a difference

Secondary IV Candids



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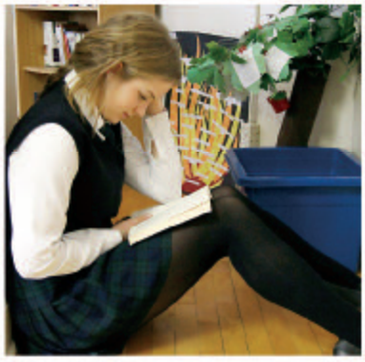


Candids
Secondary I - IV

I
Music

Mary Lynne Loftus

Our dearest Mary Lynne,
Congratulations on all your accomplishments! We are very proud of you and the person you have become. We wish you the very best in the future and hope all your dreams come true. We will always be there to help you out and support you.
Lots of love,
Daddy and Mommy

Alessia Costanguay

Alessia,
Congratulations on your graduation! We are so proud of all your accomplishments. We could not be any happier. You truly deserve all the success, and happiness.
Love you always,
Mom and Dad.

Cayleigh Sorella

WE'RE PROUD

We are so proud of all the accomplishments you have made since the beginning of your high school years and may you continue to thrive. Trust in your judgment and your instincts in your journey of life. We believe you can and will achieve success in anything you decide on.
Felicitation ma grenouille!_!
Luv Maman, Daddy & Chloe

Julia Zito

Congratulations Julia on another great year in Secondary IV!

This past year has been a milestone; you turned 16 and had many great positive experiences like your amazing trip to Italy and Greece. I believe you have grown as an individual and demonstrated your maturity with these experiences.

We are very proud of your accomplishments! Be happy and celebrate your victories.
A quote from Eleanor Roosevelt:
"The Future belongs to those who believe in the beauty of their dreams."
Your future is bright, seize the moments.
Love always from Mama and your grandparents.

Natasha Hodge-Masnaghetti

Congratulations on completing your high school education! Your grandparents, aunts, uncles, cousins, brother, your Dad and I, are very happy and impressed with the commitment, courage, hard work, determination and tenacity that you exhibit. We know the path has not been smooth or straight (in fact, it has often been a stormy, up-hill trek!) but you have always kept your goals in sight, and this makes us so proud of you!

As you embark upon a new chapter, Tash, I would like to remind you of our profound love and respect for you, our confidence in your decision-making, and our unfaltering support in all your endeavours.

When I look at the thoughtful, intelligent, funny, creative, loving young lady you are, I am moved only to remind you: **Mistakes** will happen on your path--do not be afraid of them, but instead learn from them; *they are the portals of discovery*. **Love** is a priceless gift--in a world of scarce and limited resources, it is renewable, unending, it humbles you, it makes you happy, it gets greater with use--the more you love, the more you can love. Take pride in how far you have come, have faith in how gar you can go, and **remember to enjoy the journey**.

We are so very proud of the young lady you are Tash and we love you very much.
Mom & Dad

Dalia Varvaro

Congratulations on your numerous high school achievements Dalia!
Always remember the hopes and dreams that brought you to this day and use them as a guide in the future to achieve the goals you set for yourself.

We love you dearly and are very proud of you always!

Mom and Dad
XOXO

Shannon Rourke Thompson

You've come a long way, baby – from QAA to OHA, and now a graduate of Sacred Heart. You've shown courage and determination, and I could not be more proud!
Love, Mom
Jacquie Rourke '82

Athina Tzinevrakis

Congratulations!
You've come a long way and have made us very proud.
You are a ray of sunshine that brightens our lives.
We wish you the very best.
Love,
Mom, Dad and Anthi
XOXO

Here's to

lasting memories

2015 graduates

Graduates of 2015

Melanie Alfonso

"This is Major Tom to Ground Control."

MLT: Start the world's first tuba rock band

Sara Amicarelli

I've made great memories in my five years at Sacred. It's sad to think that I'm moving away from something I've grown accustomed to, but I know that I'm ready for the next chapter.

MLT: Become a professional bet initiator

Felisa Antonanzas

Started as strangers, left as sisters. Thank you for making my five years the best years of my life. Stay flawless.

MLT: Call in sick at convocation

Natalia Bedik

We made it!

MLT: Become a Ukranian pop singer

Sabrina Belcourt

We made it! Congratulations grads '15! It has been an amazing five years that I will never forget. I can't believe it's already over! Thanks for everything girls! Best of luck xo.

MLT: Marry a hockey player

Madison Benoit

Memories will last forever, especially the ones from school with my friends. Thank you mom and dad.

MLT: Chip chip and away

Graduates of 2015

Yasmine Boctor-Moghaddam

That wasn't like High School Musical at all!

MLT: Wear sandals with socks all year round

Josie Borsellino

The past five years have been unforgettable. Sacred wouldn't have been the same without the amazing people I met along the way. I wish everyone the best of luck for the future. Congrats grads '15 and I'll miss you girls so much.

MLT: Eat a ten-course meal and still be hungry

Sofia Bittichesu

"If opportunity doesn't knock, build a door."
- Milton Berle.

MLT: Marry a seven-foot-tall guy and show up to her wedding late

Angelina Callocchia

Where to start, better yet where to end? To my friends who have made these years unforgettable and to my parents for all their support, thank you. To my QAA family I will never forget you and to the grads of 2015 best of luck wherever life takes you!

MLT: Be too busy playing hockey

Alessia Castonguay

We made it guys! Thank you to my teachers, parents and friends who have supported me throughout these five unforgettable years. Congrats grads of 2015!

MLT: Drop her phone in the toilet... again

Erika Cheng-Tarantino

These past few years have been so amazing; it's a shame that I have to squeeze it into two hundred and fifty characters including spaces. But I have to say the most memorable experience, the one I will always hold dear to my heart, was the time that I...

MLT: Cut off her grad comment in the name of humour

Graduates of 2015

Hye Yoon Cho

I made it through this two-year journey filled with lots of laughter and procrastination! Thanks to my friends who supported me with their swag and helped me make it this far. Thanks to my sister and parents who always love me, no matter what.

MLT: Be bubbly even on a rainy day

Laura D'altilia

Well girls, we made it! Unbelievable how fast five years can go by! Thanks to all my friends who have made these years unforgettable. High school wouldn't have been the same without all of you. Congrats grads '15, dream big and best of luck, xo.

MLT: Stress about my most likely to

Corinne Darche

"Life moves pretty fast. If you don't stop to look around once in a while you could miss it." Five years have come and gone by so quickly. Thanks to everyone who made these years life changing!

MLT: Perform a one-woman show of Les Misérables and make everyone watch it

Iako'ta:raien Delaronde

This year was one of the hardest years of high school but I'm happy to say I got through it. I made so many new friends that I hope to be going to Cegep with next year. I will always remember this year at Sacred Heart.

MLT: Have her name misread and mispronounced

Gabriella De Mauro

"I'm not sure what I'll do, but—well, I want to go places and see people. I want my mind to grow. I want to live where things happen on a big scale." F. Scott Fitzgerald

MLT: Be a nun

Juliana de Stefani

The past five years are filled with memories and laughter. I couldn't have made it here without my amazing friends (you know who you are). Congrats grads '15, love you all. Can't wait to get out of here and order some pizza.

MLT: Make you feel some typa way

Graduates of 2015

Émilie Dupuis

When was this due?

MLT: Force someone to be her friend #campcaritas

Cecilia Eraso

I would like to thank my loving family and teachers. Thank you to my childhood friend Madi for helping me along the way. Shout out to my QAA girls: Von Stephan, Queen B, Karina, Yas, Iako and Angy. I wouldn't have been able to survive without you! #RIPQAA. Finally, "A question that sometimes drives me hazy: am I or are the others crazy?" – Albert Einstein

MLT: Grow a beard and join the circus

Constantina Gicopoulos

"These are the days that must happen to you." – Walt Whitman. Thank you to my family, friends and teachers for making the past five years so incredible!

MLT: Set record for world's tiniest handwriting

Alexa Glaudemans

Thank you Sacred for teaching me how to right good.

MLT: Make you laugh

Kaitlin Hagen

These past five years have been amazing and I wouldn't have wanted to spend it with any other girls. To my amazing best friends (you know who you are), I couldn't have done it without you. And Netflix, of course.

MLT: Never make a sports team

Natasha Hodge-Masnaghetti

I would like to thank caffeine for keeping me awake when my brain couldn't.

MLT: Get stopped at the border for having different hair than in her passport picture

Graduates of 2015

Oona Joy

To each and every Sacred girl who has made me feel a part of something greater and to Rosa Parks for teaching me to say "nah" once in a while.

MLT: Marry John Proctor

Sophia Khalil-Griffin

Although high school was a cute experience, I'm very ready to say goodbye. Shout out goes to everyone who helped me get through it. Hang loose lovelies.

MLT: Get married in a blanket

Younghyun Koo

My high school experience has finally come to an end. For these past few years I have made lots of unforgettable memories thanks to my friends and teachers! Now it is time to move on and I wish all my classmates the best in their future endeavors.

MLT: Win the Nobel Prize in science

Caroline Koranteng

I love you all. I'll never forget the laughs and memories we've shared these past five years. Shout out to Mr. Judson, Mr. Beauvais and Mr. Gallo: you're the best. Your kindness, humor and dedication will always be appreciated. Keep laughing grads '15.

MLT: Be seriously injured for laughing at the wrong moment

Mary Lynne Loftus

Here's to years filled with memories we'll never forget! I wish everyone a bright future and exciting times to come. A special thank you to my wonderful parents and to the amazing friends I've met along the way. Congrats grads 2015!

MLT: Start the world's biggest group hug

Giuliana Mannarino

"This is Ground Control to Major Tom."

MLT: Get along better with horses than with people

Graduates of 2015

Bianca Mannarino-MacIsaac

If everything was perfect you would never learn and you would never grow.

MLT: Relate everything to QAA

Lauren Mezzaluna

I wouldn't have made it without my amazing friends. Good luck grads of 2015, love you all.

MLT: Reincarnate as a cocker spaniel XD

Raphaela Nikolopoulos

Sacred, you've given me the best five years of my life! I'm leaving you with memories and friendships in my back pocket I know will last forever. The road may have seemed long but it was worth every second. Congrats to the class of 2015!

MLT: Still have swag at the age of 80

Yasmine Nowroozi

After five years of going to private schools, I've realized that I should have gone to public school.

MLT: Be forced to be someone's friend #campcaritas

Ariana Pagnotta

These past five years have been pretty awesome. Thank you to everyone who has made me smile and all you haters out there know what to do. Love you all xoxo.

MLT: Like the Beatles more than you

Katherine Panet-Raymond

"If you obey all the rules, you miss all the fun, you're given only one little spark of madness in your life, and mustn't lose it." - Robin Williams

MLT: Be a nun

Graduates of 2015

Inés Romera-Pamplona

Grads of 2015, we've finally made it. Thank you girls for these five amazing years. I will never forget the memories that I have made. I wish you the best of luck in the future. Congrats to all of you.

MLT: Trade snow for sand

Karen Rubbo

During my three years, there have been many ups and downs. Sacred has given me confidence and a better idea of who I am and what I can achieve. It has been an honor to be head girl and graduating from this school is a decision I will never regret.

MLT: Overdose on tzatziki

Joyce-Marie Salvo

So... I'm finally graduating. Throughout these five long years I have made unforgettable friends. To the graduating class of 2015, I love you all and good luck! It's been real,
Peace,
Love,
Amen.

MLT: Flip a table because of someone's loud chewing

Andrea Santamaria

"Never let the fear of striking out keep you from playing the game." - Babe Ruth

MLT: Go to a Bruins vs. Leafs game wearing a Habs jersey

Cayleigh Sorella

I can't believe I made it this far. Thank you to those who've earned thanks. No matter what some people might say, Sacred was my second home, and after five years, I'm going to miss coming home to these crazy girls who are more like family than just friends.

MLT: Sleep through the end of the world

Sarah Spagnuolo

Sacred Heart has been a wonderful experience thanks to all of my wonderful teachers and the amazing friendships I have made along the way. "The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." -Vince Lombardi

MLT: Choke on herself while laughing

Graduates of 2015

Orianna Stephan

"Never let your memories be greater than your dreams "- Douglas Ivester.
Congrats to the grads of 2015 and good luck in the future! Thanks to my friends and family who have supported me from the very beginning. QAA. 2010 - 2014

MLT: Be late to her own wedding

Shannon Thompson

"The future belongs to those who believe in the beauty of their dreams." –Eleanor Roosevelt. After five years at three different schools, high school's finally over! It's now time to move on and make our childhood dreams become reality. Good luck y'all!

MLT: Work in the NHL and marry a country star

Louisa Tsoukalas

I would never have thought that these last five years could have gone by so quickly! Sacred has provided me with countless unforgettable memories that will last a lifetime. Thanks to my family, friends and teachers for all the support.

MLT: Forget to attend her own wedding

Athina Tzinevrakis

Throughout these five years I have learned to not care what others think about me and to come out of my shell. Be yourself, do whatever makes you happy and ignore the bumps on your road to success.

MLT: Break into Greek dancing anytime, anywhere

Dalia Varvaro

Although I came to Sacred Heart in grade 9, the last few years have been truly unforgettable. The memories and friendships that I made here will be forever cherished. Congrats ladies! We made it!

MLT: Become a dance mom

Karina Wong

Thank you to my friends for the hilarious memories, the faculty from QAA for making me who I am today and especially my family for the love and support that they have given me throughout my life. I appreciate and value everything you guys have done for me!

MLT: Be eating in class

Graduates of 2015

Zoë Yalden

This has gone by so quickly. Sacred Heart has helped me to grow and open up as a person. It became my second home and you guys are part of that family! We all come from such different places and I know that we will scatter to the wind.

MLT: Go outside and give the world a great big hug

"So be sure when you step,
Step with care and great tact.
And remember that life's A Great Balancing Act.
And will you succeed? Yes! You will, indeed!
(98 and ¾ percent guaranteed)
Kid, you'll move mountains."
-Dr. Seuss

HERE'S TO OUR BEST HIGH SCHOOL memories

My first sports day - Constantina Gicopolous

All the super fun retreats! - Hye Yoon Cho

Never getting used to the stairs in the building and sleeping in cabins at Camp Caritas - Younghyun Koo

Science fair, Stratford, joking around with friends and General Instruction with Ms. Mastro - Athina Tzinevrakis

Quebec City band trip and Stratford - Sofia Bittichesu

The band trip to Quebec City!!! - Corinne Darche

Being part of #mumbocrew2015 - Alexa Glaudemans

This year, before March break, spending a lunch period with friends, riding on each other's backs and having races up and down the hallway and sliding down stairs like we did in sec 1 - Natasha Hodge-Masnaghetti

Grad Song (to the tune of Riptide by Vance Joy)
Written by Natalia Bedik

We were scared of detentions and the dark,
We were scared of faculty and starting conversations.
Sacred Heart, we're grads '15,
Dress uniforms in mass is killing me.

Oooooh Ahhhhh
Ah come on

Chorus:
Five years of waking up at 6:30,
Never get to school early,
Coming to school with a coffee in our hands.
And we love it,
When we sing our songs and
I got a lump in my throat cause
We're gonna sing the words wrong.

We're a fun grade that I think you'll like,
We're 54 but nothing more, we're glad we're gradutaing.
Sacred Heart, we're grads '15,
Been here so long it feels just like a dream.

Oooooh Ahhhhh
Ah come on

Chorus

Valedictory Address

Melanie Alfonso

Prizes Awarded:

McGill Science Award
The Governor General's Medal
The Parents' Guild Award

For years, Queen of Angels and Sacred Heart girls have battled it out for the title of reigning all-girls Catholic school of Montreal. Whether it was being the loudest at GFC or winning over the affections of Loyola boys everywhere, Sacred Heart and QAA could always guarantee a little friendly competition. However, in August 2014, the impossible happened: nine girls (along with Yasmine Nowroozi) put their burgundy kilts aside and did the once unthinkable act of stepping foot into City House.

Good afternoon Mr. O'Donnell, Ms. Filipovich, Faculty, Parents, Guests and Graduates. I am incredibly honoured to be standing before you today as valedictorian for the graduating class of 2015. When first entering the city from their quaint and sheltered West Island lives, these aforementioned girls had no idea of the rigorous initiation process that comes with earning the title of a Sacred Heart girl. For starters, a Sacred girl speaks an entirely different language, consisting of a vocabulary far more advanced than anything one may find in Wordly Wise. I still remember, in the first few months of school, turning to Giuliana and proclaiming how thankful I was that it was "recess," only to be met with a confused glance, some laughter and the correction of "détente."

But that's not all. A Sacred girl must also have pretty outstanding cardio health, as we are all faced with the incredibly daunting daily burden that we call our stairs. Add on the weight of a couple of textbooks and the Sacred stairwell is probably the best workout you'll get all day.

Next, a Sacred girl is someone who seizes an opportunity to do what she loves, no matter how crazy. As dorky as it may sound now, I have always wanted to be a mathlete. After the umpteenth time being forced to watch Mean Girls, the part that always stuck with me was not the prom or the parties, but when Cady Heron was attending the Mathletics competition in her purple varsity jacket. When Sacred gave me the opportunity to participate in a Math Olympics competition, I was ecstatic. Though we never got Mathlete varsity jackets and I was actually really horrible at it, Sacred Heart gave me the chance to achieve my crazy mathletic ambitions.

Finally, and most importantly, a Sacred girl is someone who is never afraid to have a little fun, despite the consequences. Whether it's hiding live goldfish in the bathroom on April Fools or our pitiful attempt to do the bunny hop through the corridor, Sacred girls are full of surprises. Even if it's midnight and we are away on a school trip, nothing will stop a Sacred girl from ordering a pizza to her hotel room if she is hungry.

But, once initiated, I think it is pretty safe to say that all ten of the new recruits have found their place within the Sacred Heart community. It's amazing to think how it was only months ago that we were all packed into cabins in the middle of nowhere, with no showers and no proper bathrooms, but still having a fantastic time together.

Now, the highly anticipated day of graduation is here, and I honestly don't know how to feel about it. Though I have truly appreciated my one year at Sacred Heart, I feel like there is still so much more I want to experience here. It has been such a wonderful opportunity to be one of Ms. Waldbrook's Band children, to have built robots with the Northern Knights, and, of course, be a mathlete.

This is it. We are in the midst of a big change as we begin to take on more responsibility and enter adulthood. Is it frightening? Naturally. Change is usually a pretty scary thing. Just ask any of those ten girls all those months ago. But sometimes, the outcome of that change is better than anything you could have possibly imagined. It certainly has been for me.

I would like to thank all the teachers for always supporting us through the ups and downs. Though, at times, we may have resisted, you have always been there to help us out. Thank you to all the parents as well, for sticking by us through thick and through thin, as well as giving us the opportunity to attend a school like Sacred Heart. And thank you to Father Joe, for never giving up on us in Mass, even if the answers we usually gave him were pretty lousy. And finally, thank you to the Sacred Heart student body for opening up your school to so many girls who had just lost their own. We didn't always make it easy for you, but no matter what, you always managed to help us through initiation and make us all feel like Sacred girls.

As famously said by David Bowie (because God knows I cannot possibly say anything without somehow referring to Space Oddity), "I don't know where I'm going from here, but I promise it won't be boring." Congrats ladies.

Special Prizes

St. Mary's Girls For The Cure Student Scholarship

The Genny Marilley '87 Memorial Prize

Parents' Guild Prize for Social Sciences

Auriol Wilkins Roper '52 Memorial Prize

Soeur Annette Archambault Memorial Prize (French Second Language)

Soeur Annette Archambault Memorial Prize (French Second Language Enriched)

The Sacred Heart Music Award
City House Bilingual Proficiency Prize
Five Year Distinction Prize

The Head of School Memory Book Award
The Norman T. Byrne Memorial Prize

Patty Forbes '81 Prize

Heather MacDougall '67 Memorial Prize

Judith Rossi '80 Memorial Prize

Sister Gertrude McNamara Memorial Prize
Estelle Fitzgibbon Memorial Prize

The Sacred Heart School of Montreal Art Prize
The Head of School Memory Book Award
The Joanne Mastro Award
Sacred Heart B.L.C. Award
Thérèse F. Casgrain '14 Scholarship
Provincial Council Award
Frances Smith '65 Memorial Prize
Concordia Humanities Award

Five Year Honour Roll Prize:
Sara Amicarelli
Juliana de Stefani
Giuliana Mannarino
Kaitlin Hagen
Mary Lynne Loftus
Raphaela Nikolopoulos
Sarah Spagnuolo

Baby Pics

ECT

JB

KH

GM

GM

LT

BM

NB

LD

YN

AS

MB

SG

CD

AP

JS

NHM

SS

MA

SA

KW

SB

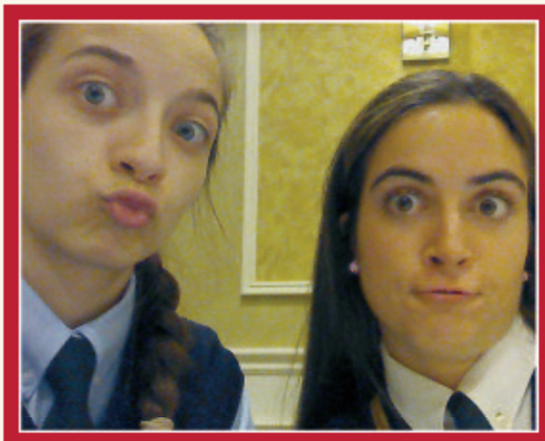
YD

OS

AG

Such a big miracle in such a little girl

SEC V CANDIDS! 😉



Stratford

King Lear

The Beaux Stratagem

Crazy For You

Stratford was such an enriching and fun experience! It gave us a chance to enjoy the theatre and bond in Justin Beiber's home town. The thing we were most crazy for had to be... the candy shop.

Stratford, Ontario

Secondary V Retreat

Friends are flowers in the garden of life.

What we thought about retreat

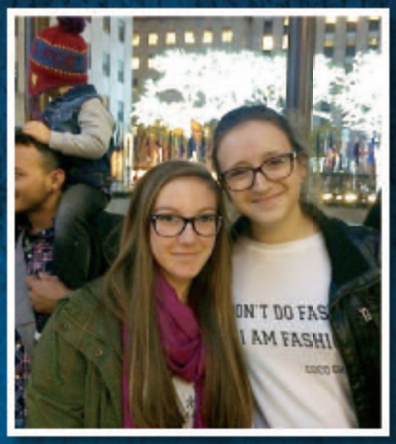
A retreat is a perfect way to kickstart the year. Our graduating class isn't necessarily made up of the people we've been with since Secondary I but it feels like we've known each other for a long time.
- Émilie Dupuis

Camp Caritas was such a great way of integrating both the new and current Sacred girls into the class of 2015. It was a fantastic opportunity to make new friends and get to know some of the teachers.
- Melanie Alfonso

Welcome to Clubs

Retreat!

New York City!



A touching and heartfelt experience, the Secondary V retreat was a wonderful time for the graduating class to spend a relaxing, fun filled day together.

Best School
SPIRIT

Most
ENVIRONMENTALLY
CONSCIOUS

Best
Sneeze

most
hardworking

Best
Smile!

Best
LAUGH

best
Hair

Most
ATHLETIC

MOST
OPINIONATED

most
melodramatic

THE
"ARTISTIC"
ONE

Biggest
fangirl

PRESIDENT
VOTE FOR PEDRO
Vice PRESIDENT
VOTE FOR PEDRO
Class clowns

Most Scientific

most Charitable

Best eyes

Best Eyes

MOST Cheerful!

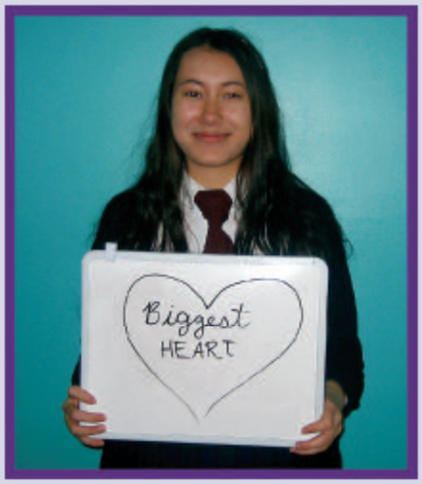
Most Musical

Calmest

Best Ofs!

SUBBAN
76
Biggest Habs Fan!

BEST DANCERS


Biggest HEART

Most Outgoing

How We'll Remember Life as a Sacred Heart Girl

General Assemblies

Girls For The Cure

Saying bye to Mr. Ward every day

Cheering like crazy on sports day

Spirit Day

Struggling to walk up five flights of stairs

Singing Children of the Light

School trips

"Working" hard in class

Here's to

SHSM student life

President's Message to the School

This year has been an amazing one! We got to do so many new activities like having ice cream served for Bring Your Own Banana, having a junior dance take place in our very own gym, spending Valentine's Day lunch watching Gossip Girl while eating cotton candy and having henna and caricature artists on Founder's Day. All this to say that I am extremely grateful to have had the opportunity to be President this year and to have represented Sacred Heart, its teachers and all of its students. This school year was without a doubt my favorite one out of all my three years here; I got to work with 14 amazing girls, I got to plan new and creative activities and most of all I got to talk to and get to know almost all the girls at school. I will definitely miss walking through the halls and every aspect of being a Sacred girl. I only hope that my next two years at Cegep will be as fun and as memorable as my last year at Sacred Heart.

- Karen Rubbo, Sacred Heart president 2015

The **blue-shirted** prefects of 2015 have dedicated both their time and energy to organizing fun activities for the school as well as ensuring we all had the best possible year we could have had. From the entire school, thank you prefects!

Prefects 2015

Bring Your Own Banana (BYOB)

SPIRIT DAY

Fun-filled Founder's Day

Junior Dance

Barat

Mascot: Sophie the Bear
Co-Captains: Lauren MacDonald & Alexa Scalia

Barat Bears, Thank you so much for an amazing and exciting year! Being Barat House Head has been such an honour! All you girls have made this year so memorable. Thank You! Sabrina Belcourt

Digby

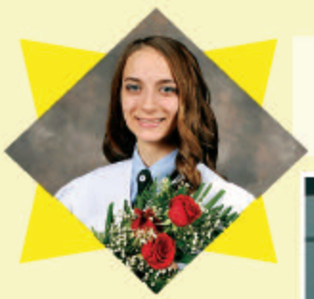
Mascot: Leo the Lion
Co-Captains: Clarissa D'Amico-Mazza & Stepheny Sartori-Marchl

Digby is my pride and I'd be lion if I said this hasn't been a great year. Our mane goal was to have fun and at that we've definitely succeeded. I can't pink of a better house to be in. Thanks for a great year. WHAT TEAM?? WILDCATS!- Little Lion Mann Giuliana Mannarino

Duchesne

To all my fellow Duchesners,
It's been a great year with many wonderful memories! I am so happy to have been your house head this year and loved getting to know all you girls over the years. I'll miss all the house meetings and that time we won first place on Sports Day! Keep up the strong spirits,
Sarah Spagnuolo
Xoxo

Mascot: Rose the Ladybug
Co-Captains: Molly Delaney & Stéphanie Des Marais



DuRousier

I had a Bee-autiful time bee-ing your house head! Thank you for bee-ing amazing house members and for always showing stinging spirit! Even though we didn't win on Sports Day, you are still my #1 Queen Bees! I'm sure next year will bee a great new bee-ginning! Remember, once a bee, always a bee!
Athina Tzinevrakis

Mascot: Honey the Bee
Co-Captains: Maria Alescio & Rosemarie Cianci

Hardey

Mascot: Henrietta the Monkey
Co-Captains: Jasmine Kwok & Gurleen Padda

To all my Hardians, this past year has been a blast and a half. From Sports Day to all our House Meetings, your spirit has never ceased to amaze me. I couldn't have asked to lead a better house. Best of luck next year girls!!
Love,
Corinne Darche

Sheldon

Mascot: Shelly the Turtle
Co-Captain: Sabrina Ste-Marie

I am so proud and honoured to be representing Sheldon House! Each and every one of you gave the house excitement and sweetness. The determination all of you brought to our house this year was amazing. Although I am sad to be leaving you guys, I will always be a Sheldonite at heart! Oh, and don't forget, slow and steady wins the race.
Natasha Hodge-Masnaghetti

Stuart

Congratulations on such an amazing year Stuart! This past year was so much fun and definitely one to be remembered. Sports Day was such a success due to all our spirit. I will miss you next year but know you'll be wonderful!
- Madison Benoit

Mascot: Dylan the Dolphin
Co-Captain: Elisabeth Harris

Trincano

Holy Cow! Where has this year gone? It has been udderly amazing. All of your spirit and enthusiasm has truly moooved me. Third place on Sports Day, but always number 1 in my big, purple heart. Keep on grazing my lovely Trincanites!
- Ariana Pagnotta

Mascot: Cassie the Cow
Co-Captains: Alexis Boosamra, Juliana de Stefani

Sports Day

G.A.A. Team:
Lilah Caprera, Sara Anelli, Beata Nawacki, Ali Hills, Julia Cianci, Valerie Sinel, Lauren Esquillant , Sarah Frances, Ioana Budeci Louisa Tsoukalas and Sara Amicarelli

1st Place:

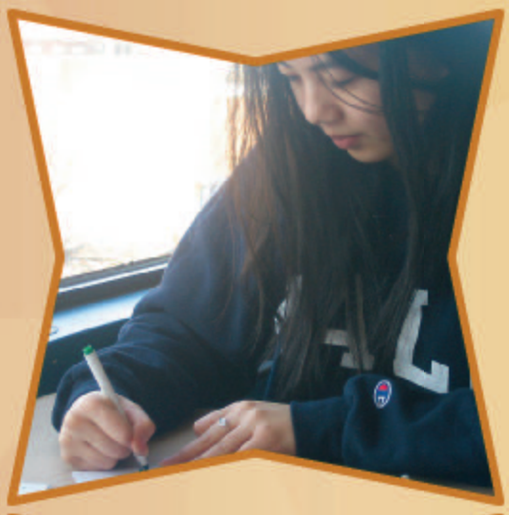
2nd Place:

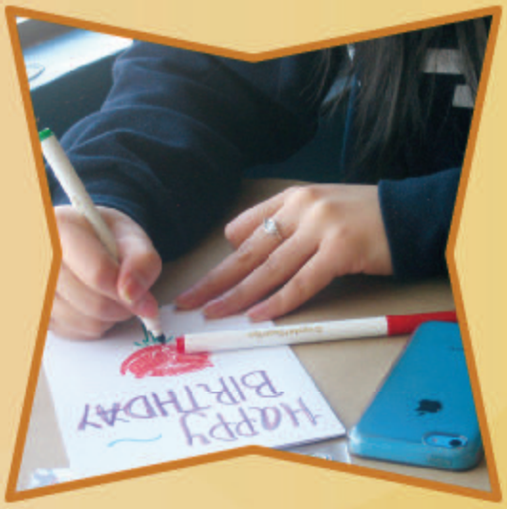
3rd Place:

Spirit Award:

Girls for the Cure

The committee: Lauren Esquilant, Vanessa Brandimarti, Josie Borsellino, Laura D'Altilia, Rosemarie Cianci, Maria Karamitsos & Liana Caprera





Charity Day

"There is no exercise better for the heart than reaching down and lifting people up."
- John Holmes

SPIRIT DAY

Sporty

Cuties

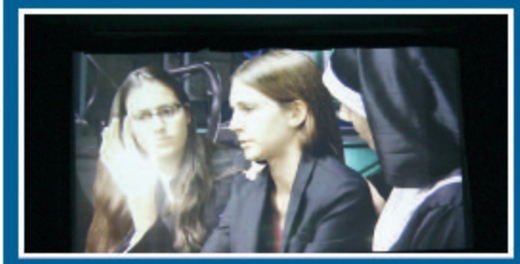
2ARCHE

E = Mc2

Christmas Concert

How the Time Lord Stole Christmas

Aliens, time travel, police boxes and sonic screwdrivers: what says Christmas more? This year, Doctor Who stopped by Sacred Heart long enough to show Liana Caprera what the true meaning of Christmas was, while simultaneously stopping her arch-nemesis, The Master, from destroying Earth's history. With help from none other than St. Madeleine Sophie Barat, Liana and The Doctor restored Earth's proper timeline before The Doctor regenerated into her new form!



Une Semaine de français sous le signe de la culture! Des saynètes nous ont rappelés les contes de notre enfance et Marie-Célie Agnant a parlé avec passion de son métier d'auteur aux élèves de première et de deuxième secondaires. Niko Krump nous a fait danser sur la musique afrohouse et les élèves ont pu poursuivre leur découverte culturelle en regardant des films et en chantant des succès de la francophonie. Le CLB a une fois de plus mis en valeur les talents de plusieurs de nos élèves qui ont partagé leur réflexion sur les divers sujets du concours d'art oratoire. Sans oublier le repas de cabane à sucre maintenant devenu une tradition. Une belle semaine où la culture et le plaisir ont certainement été à l'honneur!

La semaine de francais

Sacred Heart's Got Talent

DASHABUSTADD

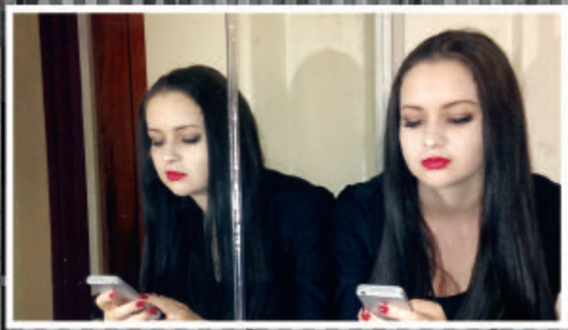
As is tradition in mid-February, Sacred Heart students gather in the Reception Room for DASHABUSTADD. This year, students and faculty were treated to an originial production of Sacred Heart's Got Talent. Students performed for "judges" Simon Cowell, Kim Kardashian and SH alumna Lady Gaga. The singers, dancers and comedians were all entertaining and the morning concluded with a thank you address to the faculty and staff by student council president Karen Rubbo.

This year's Dashabustadd script was written and directed by Sara Amicarelli and Sabrina Belcourt.Great job girls!

Creepy! Kooky! Mysterious and spooky! Sacred Heart played host to The Addams Family this May, as Gomez, Morticia, Fester, Grandmama, Wednesday, Pugsley, Lurch, Thing, and even Cousin Itt brought their own irreverent and offbeat sense of humor to our stage. A surprise appearance by Grandpa Addams provided a ghoulish twist. Da-da-da-dum, click, click!

AdDaMs FaMiLy

"Black is such a happy colour"



Robotics

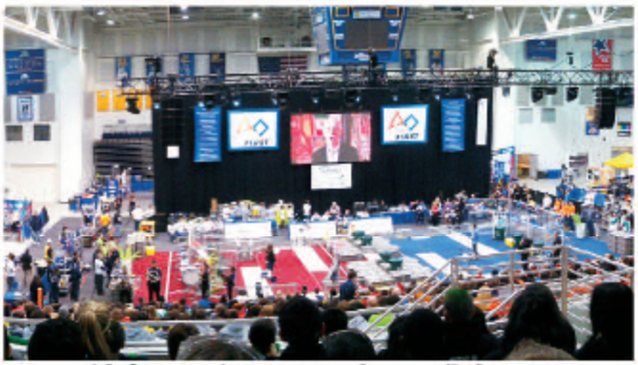
Making new friends in Long Island

The Northern Knights Family at the Montreal Regional

After an intensive 6-week building period, the "Northern Knights," comprising of both the Sacred Heart and Loyola robotics teams, attended the FIRST Robotics Regional Competitions in Montreal and Long Island. Not only were the events a fantastic learning experience, but they also led to the formation of a strong bond between the two teams as well as many friendships.

Headed home after a fantastic trip

The incredibly talented robot drive team



Hofstra University, Long Island

Greece and Italy Trip

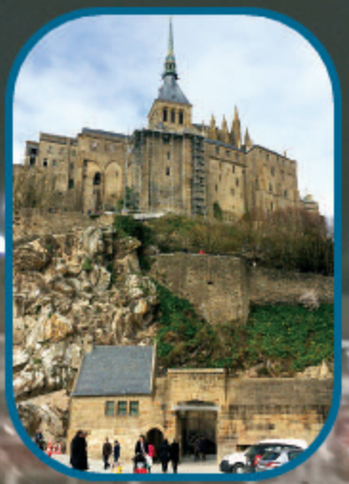
Student Exchange

Inés Romera-Pamplona
Barcelona, Spain

Cecilia Eraso
Madrid, Spain

Sabrina Ste-Marie
Nantes, France

Stepheny Sartori-Marchl
Bondues, France

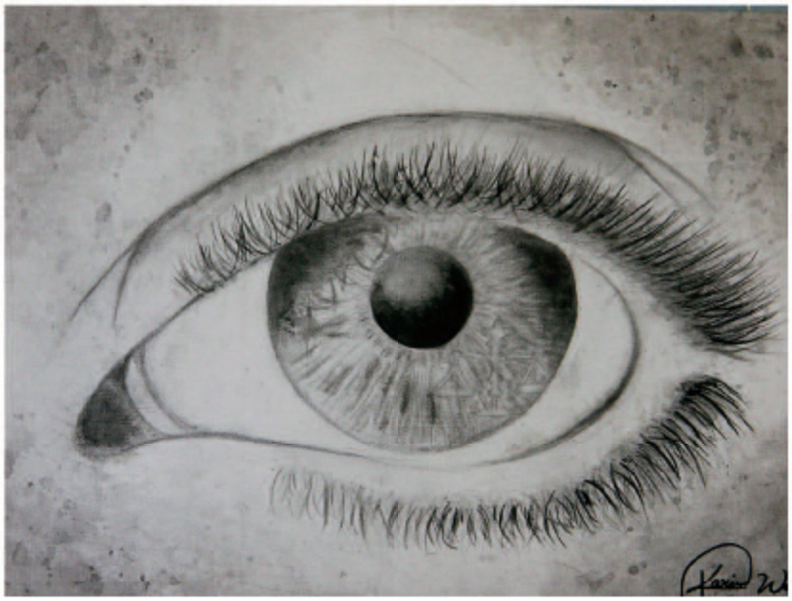


Veronica Giroux
Sydney, Australia

G'day Mate!
How you going?

Quoi de neuf?

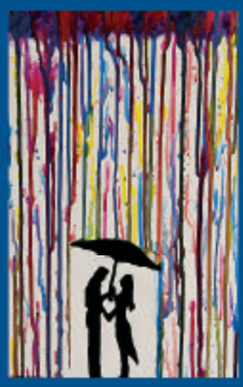
¡Tanto tiempo sin verte!



WELCOME TO
BEAUTIFUL
PARADISE COVE
HAVE A SEAT
BRING THE KIDS
SEA THE VIEW
ENJOY MALIBU

WELCOME
to Fabulous
LAS VEGAS
NEVADA

LOVE



Arts Festival

This year's Arts Festival was themed West Coast. It featured art inspired not only by the landscape and life but also by Californian West Coast artists. The fashion show centered on Malibu, L.A. and Beverly Hills. Job well done girls.

Welcome to the West Coast

FOUNDER'S DAY!

HERE'S TO FOUNDER'S DAY!

CARNIVAL!

CARNIVAL!

Here's to

being involved

Clubs

Millenna Bono, Katalina Couto, Corinne Darche, Stephanie Frances, Maria Kambitakis, Dominique Levesque, Mary Lynne Loftus, Madison Passingham, Olivia Pittman, Sidney Shun, Olivia Torralbo
Faculty Advisor: Ms. Martel

Shannon Blake, Katalina Couto, Corinne Darche, Stephanie Frances, Olivia Torralbo, Zoë Yalden
Faculty Advisor: Ms. Martel

Sara Anelli, Morgan Azouz, Marianne Beirouti, Julia Bugge, Jenna Caprera, Katherine Dore, Alexandra Gagliano, Veronica Pereira, Jezabel Toussaint, Antonina Yakobson, Sarah Allen, Sascha Azouz, Lilah Caprera, Julia Cianci, Isabella Di Silvestro, Hannah Johnston, Zoe Korn, Taranjot Padda, Pina Piazza
Faculty Advisor: Ms. Waldbrook

Sabrina Fitz, Amanda Forgione, Sarah Frances, Kiara Guidote, Erin Hebdige, Olivia Iorio, Eleni Karatzas, Audra Kruszewski, Dominique Levesque, Beata Nawacki, Maya Ostiguy-Hopp, Michelle Phillips, Rachel Watts, Maria Alescio, Liana Caprera, Clarissa D'Amico-Mazza, Patricia Danielidis, Catherine Jarvis, Maria Karamitsos, Victoria Karamitsos, Jasmine Kwok, Giulia Marsilii, Gurleen Padda, Valerie Sinel, Sabrina Ste-Marie, Julia Zito, Melanie Alfonso, Alessia Costanguay, Hye Yoon Cho, Corinne Darche, Constantina Gicopoulos, Natasha Hodge-Masnaghetti, Mary Lynne Loftus
Faculty Advisor: Ms. Waldbrook

Trips

Our weekend at Orford not only made us better as individual musicians but taught us to listen to each other and become a better band. Bonding with everyone over many interesting and hilarious incidents is one of my best band memories of the year.
-Giuliana Mannarino

Orford Music Camp

I had so much fun on this year's trip! I'll never forget the fun moments visiting the city and giving it my all for our performance.
-Corinne Darche

Trip to Ottawa

Clubs

Environmental Coordinator: Alessia Castonguay
Faculty Advisor: Mr. Laperle

Patricia Danielidis, Jasmine Kwok, Dominique Levesque, Beata Nawacki, Arthega Selvarajan, Sabrina Ste-Marie, Julia Zito

Faculty Advisor: Mme. de Sainte Marie

Sarah Allen, Amanda Emblem, Hannah Johnston, Olivia Pittman, Nicole Romero, Daisy Smith

Editors-in-Chief: Giuliana Mannarino and Constantina Gicopoulos
Faculty Advisor: Ms. McIvor

Carol Cho, Clarissa D'Amico-Mazza, Mary Lynne Loftus, Sara Palestini, Cayleigh Sorella

Faculty Advisor: Ms. Arella

Julie Demanins, Dominique Levesque, Beata Nawacki, Maria Pantazopoulos, Daisy Smith

Head:Erika Cheng-Tarantino **Faculty Advisor: Ms. Gendron**

Sophia Michakis, Amanda Forgione, Eleni Magafas, Katalina Couto, Katalina Toth, Katherine Doré, Evangelia Dalakis, Zoë MacDonald, Madison Passingham, Grace Singer, Daphne Giroux, Dora Konstantopoulos, Victoria Karamitsos, Evy Konstantopoulos, Mary Lynne Loftus, Joanna Koo, Carol Cho, Vanessa Useche, Anita Maggiore, Mandy Wong, Natasha Hodge-Masnaghetti, Madison Berros, Eliana Viviani, Maria Ziannis, Sydney Shun, Samantha Demers, Yasmine Nowroozi, Olivia Pittman, Emily Sakaitis, Jenna Caprera, Alessia Castonguay, Narah Joy, Dominique Levesque, Sophie Koestner, Amberlie Pereira, Amanda Emblem, Veronica Pereira, Clarissa D'Amico-Mazza, Eleni Karatzas, Louisa Tsoukalas, Felisa Antonanzas, Corinne Darche, Jezabel Toussaint, Emilie Dupuis, Alexa Glaudemans, Veronica Giroux, Lauren Esquilant, Arthega Selvarajan, Julia Zito, Angelica Salouros, Cristina Loyello, Tiana Iacobelli

Faculty Advisor: Mr. Thiruchelvam

Jenna Caprera, Liana Caprera, Clarissa D'Amico-Mazza, Katherine Doré, Elana Floriani, Amanda Forgione, Maria Karamitsos, Eleni Karatzas, Evdokia Konstantopoulos, Theodora Konstantopoulos, Allessandra Morena, Gurleen Padda, Sara Palestini, Veronica Sinclair

Faculty Advisor: Ms. Rath

Kiara Guidote, Lea Valentini

Editors-in-Chief: Erika Cheng-Tarantino and Corinne Darche
Faculty Advisor: Ms. McIvor

Contributors: Carol Cho, Constantina Gicopoulos, Mary Lynne Loftus, Zoë Yalden

Head: Alessia Castonguay
Faculty Advisor: Ms. Gendron

Enrica Caruso, Marianne Beirouti, Alexandra Gagliano, Jezabel Toussaint, Antonina Yakobson

Faculty Advisor: Mme. Phaneuf and Mme. Gauthier

Sabrina Fitz, Sarah Frances, Kiara Guidote, Audra Kruszewski, Serena McMahon, Beata Nawacki

Student Coordinator: Sara Amicarelli
Faculty Advisor: Ms. Newton

Felisa Antonanzas, Marianne Beirouti, Sabrina Belcourt, Alexandra Gagliano, Lauren Mezzaluna, Joyce Salvo, Veronica Sinclair, Dalia Varvaro

Here's to

being an athlete

Cross Country Running

Bantam
Sophie Koestner, Emiliana Di Nolfo, Lilah Caprera

Midget
Liana Caprera, Rosemarie Cianci, Sigrid Joubert, Maria Karamitsos, Victoria Karamitsos, Dominique Levesque, Sophia Michakis, Maya Ostiguy Hopp, Michelle Phillips, Yiuanne Ryan, Meaghan Sabourin

Juvenile
Felisa Antonanzas, Younghyun Koo, Mary Lynne Loftus, Dalia Varvaro, Lauren Mezzaluna

Coaches: Mme Belfort, Mme Gauthier & Mme Laquerre

Golf

Daisy Smith, Dominique Levesque, Olivia Iorio & Sarah Frances
Coach: Ms Newton

Athletes of the Year

Lilah Caprera
Junior

Molly Delaney
Senior

FALL

Laura
Pitruzello

Sarah
Spagnuolo

WINTER

Erika
Delucilla

Angelina
Callocchia

Soccer

Sara Anelli, Lilah Caprera, Julia Cianci, Pina Piazza, Gabriella Marsilii, Darcy Sabourin, Elisabeth Morena, Laura Michetti, Laura Marechal-Houillon, Tiana Iacobelli, Emilie Shalhoub, Kristen Harris, Abigail Delaney, Jasmine Lightfoot, Olivia Pittman
Coach: Ms Littman

Isabella Aguiar, Lauren Drummond, Kiara Guidote, Alexandra Hills, Eleni Karatzas, Jessica Khoury, Dominique Levesque, Kayla Matthews, Maya Ostiguy-Hopp, Veronica Plescia, Emily Sakaitis, Chiarra Silvaggio, Lea Valentini, Mia Vincenti, Emilie Viviani, Shannon Wilding
Coach: Mr. Thiruchelvam

This year, a junior team went to the CA+IS soccer tournament in Halifax to compete against other Canadian teams. They proudly came home with the consolation banner for the tournmaent. Way to go girls!

Sara Amicarelli, Sabrina Belcourt, Eleni Borondy, Clarissa D'Amico Mazza, Molly Delaney, Patricia Danielidis, Lauren Greco, Stephanie London, Raphaela Nikolopoulos, Ariana Pagnotta, Katherine Panet-Raymond, Karen Rubbo, Alexa Scalia, Sarah Spagnuolo, Shannon Thompson, Louisa Tsoukalas, Tatiana Tuccinardi
Coaches: Ms Newton & Mr. Gallo

Volleyball

Bantam Volleyball

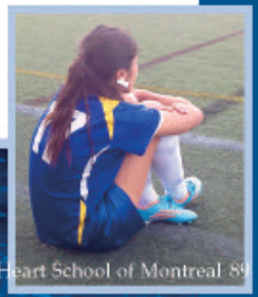
Morgan Azouz, Shannon Blake, Julia Buggé, Erika Delucilla, Stefanie Frances, Alexandra Gagliano, Grace Singer, Daisy Smith, Laura Pitruzzello, Eliana Viviani
Coach: Ms Lecuyer

Juvenile Volleyball

Audra Kruszewski, Sarah Frances, Christina Vassiliou, Jessica Brodeur, Beata Nawacki, Brooklyn Carson, Vanessa Useche, Maria Kambitakis, Evanthia Primbas
Coach: Mr. Charlot

Maria Alescio, Juliana de Stefani, Emilie Dupuis, Lauren Esquilant, Sophia Khalil-Griffin, Caroline Koranteng, Lauren MacDonald, Lauren Mezzaluna, Gurleen Padda
Coach: Ms Beaudet

Midget Volleyball



Winter Sports

Bantam Badminton

Laura Pitruzzello, Sophia Koestner, Gabriella Marsilii, Kayla Wolf, Eleni Magafas, Veronica Pereira, Taranjot Padda, Katalina Couto, Daisy Smith, Amanda Emblem, Katalina Toth, Emiliana Di Nolfo
Coach: Ms Martel

Midget Badminton

Gurleen Padda, Kiara Guidote, Dominique Levesque, Beata Nawacki, Laura Mustillo, Lea Valentini, Olivia Iorio, Audra Kruszewski, Sabrina Fitz
Coach: Ms Martel

Juvenile Badminton

Stephanie London , Caroline Koranteng, Emma Ryan, Tatiana Tuccinardi, Sarah Randisi, Athina Tzinevrakis, Alexa Glaudemans
Coach: Ms Martel

Hockey

Angelina Callocchia, Laura D'Altilia, Joyce-Marie Salvo, Alexis Boosamra, Molly Delaney, Lauren Greco, Lauren MacDonald, Meaghan Sabourin, Alexa Scalia, Rebecca di Giorgio, Lauren Drummond, Maya Ostiguy Hopp, Chiarra Silvaggio, Shannon Wilding, Abigail Delaney, Kristen Harris, Caitlin Downey, Tiana Iacobelli
Coaches: Ms Brown, Mr. Friedmann & Mr. Sabourin

Swimming

Bantam: Shannon Blake, Madison Passingham, Olivia Pittman, Katalina Couto, Amanda Emblem, Sascha Azouz, Morgan Azouz, Emma Platt, Katherine Dore, Hannah Johnston, Angeliki Trifonopoulos
Midget: Dominique Levesque, Olivia Iorio, Ioana Budeci, Kiara Guidote, Brooklyn Carson, Stephanie Benoit, Jessica Brodeur, Lauren McDonald, Sophie Rowe, Teagan Ennis, Vanessa Useche, Renata Morelos-Zaragoza, Elisabeth Harris, Emma Ryan, Sarah Randisi, Tatiana Tuccinardi
Coaches: Ms Newton & Ms Little

Basketball

Bantam Basketball

Julia Buggé, Gabriella Marsilii, Enrica Caruso, Isabella Di Silvestro, Erika Delucilla, Jasmine Lightfoot, Daphne Giroux, Olivia Pittman, Evangelia Dalalakis, Victoria Calderone, Maria Ziannis
Coach: Mr. Charlot

Midget Basketball

Sara Anelli, Julia Cianci, Veronica Plescia, Evanthia Primbas, Lilah Caprera, Kayla Matthews, Sarah Frances, Audra Kruszeski, Anastasia Dalalakis, Alexandra Hills, Kayla Wolf, Pina Piazza
Coaches: Ms Littman & Allyson Fontes

Juvenile Basketball

Nicole Bilikas, Eleni Borondy, Rosemarie Cianci, Clarissa D'Amico Mazza, Gabriella De Mauro, Samantha Delucilla, Stephanie Des Marais, Lauren Esquilant, Ariana Pagnotta, Karen Rubbo, Louisa Tsoukalas
Coaches: Ms Beaudet & Ms Newton

The thing we remember most about the season is the Bishop's tournament; it was so much fun. We were lucky enough to have Ms Lecuyer, Ms Littman and Allyson Fontes with us. Thank you for such a great season.

Football

Madison Berros, Lilah Caprera, Julia Cianci, Abigail Delaney, Erika Delucilla, Isabella Di Silvestro, Caitlin Downey, Daphne Giroux, Kristen Harris, Tiana Iacobelli, Jasmine Lightfoot, Gabriella Marsilii, Elisabeth Morena, Pina Piazza
Coaches: Ms Littman & Mr. Friedmann

Brooklyn Carson, Lauren Drummond, Lea Valentini, Kiara Guidote, Chiarra Silvaggio, Isabella Aguiar, Dominique Levesque, Sarah Frances, Maya Ostiguy Hopp, Erin Hebdige, Cassandra Forzani, Evanthia Primbas, Beata Nawacki, Vanessa Useche
Coaches: Ms Newton & Mr. Charlot

Sabrina Belcourt, Alexis Boosamra, Eleni Borondy, Angelina Callocchia, Clarissa D'Amico Mazza, Patricia Danielidis, Juliana De Stefani, Molly Delaney, Emilie Dupuis, Lauren MacDonald, Gurleen Padda, Ariana Pagnotta, Sarah Spagnuolo, Louisa Tsoukalas, Dalia Varvaro
Coaches: Mr. Gallo & Mr. Thiruchelvam

Spring Sports

Bantam: Abigail Delaney, Kristen Harris, Laura Pitruzzello, Darcy Sabourin, Stefanie Frances
Juvenile: Molly Delaney, Elisabeth Harris, Corinne Darche, Renata Morelos-Zaragota, Stephanie London, Alexa Scalia
Coach: Mr. Charlot

Bantam: Sacha Azouz, Lilah Caprera, Julia Cianci, Abigail Delaney, Emiliana Di Nolfo, Amanda Emblem, Kristen Harris, Sophie Koestner, Emma Platt, Darcy Sabourin, Emilie Shalhoub
Midget: Eleni Borondy, Sabrina Buonamici, Rosemarie Cianci, Molly Delaney, Lauren Drummond, Sabrina Fitz, Sarah Frances, Kiara Guidote, Alexandra Hills, Olivia Iorio, Sigrid Joubert, Audra Kruszeski, Dominique Levesque, Stephanie London, Lauren MacDonald, Sophia Michakis, Maya Ostiguy Hopp, Sarah Randisi, Meaghan Sabourin, Emily Sakaitis, Alexa Scalia, Tatiana Tuccinardi
Juvenile: Angelina Callocchia, Raphaela Nikolopoulos, Karen Rubbo, Dalia Varvaro, Sophia Khalil-Griffin
Coaches: Ms Beaudet, Mme Belfort, Mme Phaneuf & Mr. Charlot

Bantam: Lilah Caprera, Sara Anelli, Hannah Johnston, Sasha Azouz
Midget: Tatiana Tuccinardi, Sarah Randisi, Renata Moreios, Emma Ryan, Sarah Frances, Dominique Levesque, Sophia Michakis, Meaghan Sabourin, Alexandra Hills, Teagan Ennis, Audra Kruszewski, Olivia Iorio, Veronica Sinclair, Stephanie London, Lauren MacDonald, Maya Ostiguy Hopp, Rosemarie Cianci, Alexa Scalia, Jessica Brodeur, Sabrina Buonamici **Juvenile:** Dalia Varvaro, Sara Amicarelli
Coach: Ms Vaupshas

Sports Banquet 2015

Sportsmanship for me is when a guy walks off the court and you really can't tell whether he won or lost, when he carries himself with pride either way.

- Jim Courier

Coaches and students alike found the guest speakers, the Dufour-Lapointe sisters, to be very inspirational and were moved to tears by their presentation.

Congratulations Saints!

Sophia Michakis came in first in the Halo Road Race (Midget Girls).

Lilah Caprera came in third in Halo Road Race (Bantam Girls).

Bantam Soccer team won gold in the private school league.

Junior CAIS team won the consolation banner in Halifax.

Midget swim relay team won gold.

Golf team came in second.

Midget badminton team went to provincials.

Many Track & Field girls went to provincials.

Laura Pitruzello won bronze in both tennis & badminton.

Girls who placed in the top 10 in track and field events:

Karen Rubbo, Dalia Varvaro, Lauren Drummond, Dominique Levesque, Sarah Randisi, Alexandra Hills, Molly Delaney, Kiara Guidote, Emily Sakaitis, Meaghan Sabourin, Stephanie London, Olivia Iorio, Maya Ostiguy-Hopp, Sigrid Joubert, Tatiana Tuccinardi, Daisy Smith, Sophie Koestner, Amanda Emblem.

Track & Field Results

Angelica Callocchia
Juvenile Discus Throw 1st place

Raphaela Nikolouplos
Juvenile Shot Put 3rd place

Sophia Khalil-Griffin
Juvenile High Jump 3rd place

Alexa Scalia
Midget Javelin Throw 3rd place

Sarah Frances
Midget Discuss Throw 3rd place &
Midget 1500m Run 3rd place

Lauren McDonald
Midget 400m Hurdles, 2nd place

Sophia Michakis
Midget 3000m Run 3rd place

Molly Delaney
Midget 200m Run 2nd place

Abigail Delaney
Bantam Discus Throw &
Bantam Javelin Throw
3rd place

Eleni Borondy
Midget 100m Dash
2nd place

Lilah Caprera
Bantam High Jump &
Bantam 80m Hurdles
3rd place

Kristen Harris
Bantam 80m Hurdles
2nd place

See you
next year!!
2015 -
2016
Jostens